

My Calorie Counter: Complete Nutritional Information on More Than 8,000 Food Items from Popular Brands, Fast-Food Chains, Restaurant Menus, and Common Groceries



Filesize: 5.61 MB

Reviews


This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly.
(Prof. Beulah Stark)

MY CALORIE COUNTER: COMPLETE NUTRITIONAL INFORMATION ON MORE THAN 8,000 FOOD ITEMS FROM POPULAR BRANDS, FAST-FOOD CHAINS, RESTAURANT MENUS, AND COMMON GROCERIES



To download **My Calorie Counter: Complete Nutritional Information on More Than 8,000 Food Items from Popular Brands, Fast-Food Chains, Restaurant Menus, and Common Groceries** eBook, make sure you follow the link below and save the ebook or have access to additional information that are relevant to **MY CALORIE COUNTER: COMPLETE NUTRITIONAL INFORMATION ON MORE THAN 8,000 FOOD ITEMS FROM POPULAR BRANDS, FAST-FOOD CHAINS, RESTAURANT MENUS, AND COMMON GROCERIES** ebook.

Sterling. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 5.8in. x 4.2in. x 0.7in. From Everyday Health, the #1 online health destination, comes this updated and revised pocket guide to nutrition and weight loss. Now more reader-friendly than ever before, the book is divided into three categories: regular foods, store brands, and restaurant/fast food. Each with thousands of entries. Every entry lists calorie count, fat content, and nutritional values, including carbohydrates, sodium, fiber, and protein. And all this is presented in an updated and easy-to-navigate format. See where you are on the BMI (Body Mass Index) scale and how many calories you should take in to shed the pounds safely. Success stories from the Everyday Health community will motivate you to meet your goals. As a companion to Everyday Health's popular site, my-calorie-counter.com, the book links directly with this popular online community, where you can create your own free account, track your progress, find a weight-loss buddy, and much more! This item ships from multiple locations. Your book may arrive from Roseburg, OR, or La Vergne, TN. Paperback.

 [Read My Calorie Counter: Complete Nutritional Information on More Than 8,000 Food Items from Popular Brands, Fast-Food Chains, Restaurant Menus, and Common Groceries Online](#)

 [Download PDF My Calorie Counter: Complete Nutritional Information on More Than 8,000 Food Items from Popular Brands, Fast-Food Chains, Restaurant Menus, and Common Groceries](#)

Relevant Kindle Books



[PDF] **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Follow the hyperlink beneath to download and read "Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large" PDF file.

[Download Book »](#)



[PDF] **Scholastic Discover More My Body**

Follow the hyperlink beneath to download and read "Scholastic Discover More My Body" PDF file.

[Download Book »](#)



[PDF] **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Follow the hyperlink beneath to download and read "Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values" PDF file.

[Download Book »](#)



[PDF] **Scholastic Discover More Animal Babies**

Follow the hyperlink beneath to download and read "Scholastic Discover More Animal Babies" PDF file.

[Download Book »](#)



[PDF] **The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

Follow the hyperlink beneath to download and read "The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up" PDF file.

[Download Book »](#)



[PDF] **Scholastic Discover More Penguins**

Follow the hyperlink beneath to download and read "Scholastic Discover More Penguins" PDF file.

[Download Book »](#)